

Quality Report Card

Licking Memorial Health Systems



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RESPIRATORY CARE

Asthma Action Plan

Asthma is a chronic disease that affects the lungs. In response to allergens, irritants, or other stressors, the airways of people with asthma narrow, swell, and produce extra mucus, making breathing difficult. Symptoms include wheezing, shortness of breath, chest tightness, and coughing, mainly at night or early morning. Asthma can be controlled by taking medicine and avoiding triggers that can cause an attack.

Asthma is one of the most common chronic diseases and affects people of all ages. One in ten adults and approximately one in seven children suffer from the disease. If left unmanaged, asthma can cause serious health issues, including death. More than 400,000 people die from asthma worldwide.

Managing asthma properly requires routine physician visits, taking medications as directed, and paying attention to asthma symptoms. Identifying triggers that cause asthma symptoms, such as air quality, dust mites, pet dander, mold, tobacco smoke, and certain chemicals, can help individuals avoid an asthma attack. In addition, working with a healthcare provider to develop and follow an asthma action plan can reduce or prevent flare-ups and emergency department visits.

An asthma action plan is a written worksheet that provides guidance on how to manage asthma symptoms and what to do if difficult to breathe. The plan should be shared with caregivers and school health administrators. A personalized

asthma action plan should include the following information:

- A list of asthma triggers
- A detailed list of medications taken to treat asthma and when to take each
- Symptoms that indicate worsening asthma
- Symptoms that indicate the need for immediate medical attention
- Phone numbers for an emergency contact person, healthcare provider, and local hospital

The asthma action plan is divided into three zones: green, yellow, and red. A person in the green zone has no asthma symptoms, feels well, and should continue to take their medications. A person in the yellow zone is experiencing asthma symptoms and should continue with their green zone treatment, plus any quick-relief medicine they may use to alleviate symptoms. The red zone indicates that symptoms have worsened or not improved over a 24 hour period in the yellow zone, and gives specific

instructions on which medicines to use. Individuals in the red zone should call their physician after taking their medication. They should seek emergency help if they experience any of the following:

- Remaining in the red zone after 15 minutes of taking medication and cannot reach their physician
- Experience trouble walking or talking due to shortness of breath
- Lips or fingernails are blue, pale, or gray

Having an asthma action plan in place before symptoms arise can reduce the chance of an emergency room visit. Action plans are available for download at websites such as cdc.gov and lung.org. Individuals can download an asthma action plan and bring it to their physician to complete together.



Patient Story – Jacinda Raines



Jacinda Raines grew up in Licking County, graduated from Watkins Memorial High School, and attended vocational school for cosmetology. She married her husband, John, soon after graduation and the couple had two children, Johnny and Jessica. Later in her life, Jacinda decided to change careers. She attended COTC and became a registered nurse in 2004, then graduated from The Ohio State University with a Bachelor of Science of Nursing degree in 2019.

When in need of healthcare, Jacinda had often traveled to Franklin County; however, when she began having severe back issues, she realized the Licking Memorial Hospital (LMH) Emergency Department (ED) was closer to her home. Upon admission to the ED, Scott D. Jolly, D.O., cared for Jacinda and explained that she would require emergency surgery. “Dr. Jolly offered compassion and kindness at a time when I felt I was at my worst,” Jacinda shared. “He took very good care of me.”

On December 22, 2021, while Jacinda was at work, she became very ill. She was coughing often and lost her taste and smell. After spending 10 days in isolation for COVID-19, Jacinda had hoped the symptoms would subside. When this did not happen, she remembered the excellent care she had received, and decided to return to LMH. She had hoped to receive medication that would reduce the severity of COVID-19 symptoms. After being discharged, Jacinda returned home, only to return two days later because she was experiencing shortness of breath. She became winded when walking even a short distance.

Upon arrival at the ED, the nurses found Jacinda’s oxygen levels were very low,

and her heart rate was too high. She was admitted to LMH and was sent for a scan of her lungs. Jacinda was diagnosed with COVID pneumonia and was prescribed medicated breathing treatments.

COVID pneumonia is an infection in the lungs caused by SARS-CoV-2, the virus that causes COVID-19. As the immune system attacks the infection, the lungs may become inflamed and fill with fluid, causing difficulty breathing. This type of pneumonia is almost always discovered in both lungs and can cause scarring or other lung damage.

While in the Hospital, pulmonologist Emilia N.U. Anigbo, M.D., began caring for Jacinda. Dr. Anigbo suggested that Jacinda participate in the Pulmonology Rehabilitation Program to receive assistance in strengthening the lungs.

“I began working with Amanda Bowman, a respiratory therapist in the program. She explained the rehabilitation process and how it would be beneficial for my lungs,” Jacinda said. “Amanda also explained that even though I required oxygen, I could still exercise and be active.”

Jacinda began the program and attended twice a week for six weeks. After watching videos to learn about different exercises that can be performed while seated, she was able to participate in a number of activities. Using exercise bands and other equipment, Jacinda worked diligently to regain some lung function. The Pulmonology Rehabilitation staff, Meghan Wood, Mel Sain, and Louise Noble, carefully monitored her as she performed her workout to ensure she maintained safe oxygen levels and heart rate throughout the activities. Jacinda was also able to use the oxygen tanks at the facility as needed.

“Before I began the program, I could not do my daily chores because I could not breathe. Now, I am able to accomplish my chores and move around,” Jacinda stated. “After my prescribed sessions were over, the staff gathered to acknowledge my graduation by clapping and cheering

for me. It really made me feel special. I appreciate the care and kindness everyone provided me during my rehabilitation.”

The Pulmonology Rehabilitation Program assists patients with chronic lung disease to manage symptoms and address struggles of daily living by creating a personalized care plan. The trained staff, including respiratory therapists, work one-on-one with patients to develop skills to improve breathing, conserve and use energy properly, cope with depression and anxiety, eat healthy, and use oxygen therapy. As patients progress toward a new, healthy lifestyle, the Pulmonary Rehabilitation staff continues to provide support and monitor success of the customized program. Patients are encouraged to visit the Licking Memorial Wellness Center to continue exercising on a regular basis.

“I was told that I can continue visiting the Wellness Center for as long as I remain on oxygen, so I still exercise there regularly,” Jacinda said. “I enjoy talking and visiting with everyone there including the other patients. It allows me to spend time away from my house.”

Throughout her illness and rehabilitation, Jacinda’s family have been a source of strength and encouragement. She describes her husband, John, as the best handyman. “He has been so helpful and supportive of me at every turn. I am grateful that I get to spend my life with him and grow old together.” She is also grateful for her son, Johnny, his wife, Becca, her daughter, Jessica, and her husband, Kalub, who are always willing to assist Jacinda when needed. Jacinda’s mother and father, Jodie and Bob Adams, are also very emotionally and physically supportive, and her loving boxer, JoJo, is always by her side. Jacinda looks forward to spending more time with them.

Respiratory Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Tobacco use has been linked to many serious and life-threatening conditions, such as cancer, heart disease, cardiopulmonary disease, and diabetes. An estimated 21 percent of Licking County adults smoke.⁽¹⁾ LMHS offers free Quit For Your Health tobacco cessation education, counseling, and nicotine-replacement products. A similar program, Quit for You, Quit for Your Baby, adds incentives to help pregnant women stop using tobacco products. In 2022, 1,526 patients visited one of LMHS tobacco cessation programs.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal ⁽²⁾
Six-month success rate for patients who completed Quit for Your Health ⁽¹⁾	73%	80%	95%	70%

2. Chronic obstructive pulmonary disease (COPD) is a serious, progressive lung condition that includes two life-threatening diagnoses, chronic bronchitis and emphysema. According to the American Lung Association, COPD is the third leading cause of death in the U.S. There is no cure for COPD, and patients will progress to more serious respiratory compromise over time; however, with careful management, patients can enjoy longer and healthier lives. An admission to the hospital for a COPD patient typically means that their chronic respiratory issues have exacerbated to an immediate, acute condition requiring hospitalization. To monitor the quality of a COPD patient's care, the Centers for Medicare/Medicaid Services tracks the death rate nationally for patients who die from COPD within 30 days of hospital admission.

	LMH 2020	LMH 2021	LMH 2022	National ⁽³⁾
Mortality rate of COPD patients within 30 days of hospital admission	9.7%	7.3%	7.5%	8.4%

3. Protecting patients from hospital-acquired infections is a primary patient safety goal. LMH has many ongoing programs and safety mechanisms in place to help prevent patient infections. In accordance with the Centers for Disease Control and Prevention (CDC) recommendations, LMH monitors patients who are at high risk for infections, including those using invasive devices, such as ventilators (breathing machines). The following data reflect the rate of respiratory infections associated with ventilator use, per every 1,000 patient days.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Pneumonia infection rate of Intensive Care Unit patients on ventilators per 1,000 ventilator days	0.0	0.0	0.0	0.0

4. Some pneumonia patients who are hospitalized require treatment with a ventilator to assist their breathing. Although the ventilator can be life-saving, it carries the risk of serious complications, such as infections, stomach ulcers, blood clots, and extended dependency on the ventilator. To help prevent complications, LMH staff members follow a best-practices protocol for patients on ventilators. Known as the "ventilator bundle," these five steps are carefully documented to ensure each patient receives the best possible care.

	LMH 2020	LMH 2021	LMH 2022	LMH Goal
Head of bed elevated to 30 degrees	100%	100%	100%	greater than 90%
Oral care	100%	99.8%	100%	greater than 90%
Daily test to reduce sedation	99.8%	99.1%	100%	greater than 90%
Stomach ulcer prevention	100%	99.6%	100%	greater than 90%
Blood clot prevention	100%	99.1%	100%	greater than 90%

5. LMHS is committed to providing and encouraging free, easily accessible vaccines to all employees. In order to provide the safest care to our community, LMHS recognizes the importance of keeping the staff healthy.

	LMHS 2020	LMHS 2021	LMHS 2022	LMH Goal	National ⁽³⁾
LMHS employees receiving the influenza vaccine	95%	90%	84%	greater than 90%	80%

Respiratory Care – How do we compare? (continued on back)



Check out our Quality Report Cards online at [LMHealth.org](https://www.LMHealth.org).

6. Licking Memorial Health Professionals (LMHP) office patients who are at high risk for these illnesses also are screened and vaccinated as appropriate. LMHP physicians strongly encourage patients over the age of 65 years to receive a one-time dose of pneumonia vaccine and an annual influenza vaccine during each “flu season,” which runs from October to March.

	LMHP 2020	LMHP 2021	LMHP 2022	National ⁽⁴⁾
Physician office patients over 65 years receiving the pneumonia vaccine	80%	76%	72%	73%
	LMHP 2019-2020	LMHP 2020-2021	LMHP 2021-2022	National ⁽⁴⁾
Physician office patients over 65 years receiving the influenza vaccine	75%	71%	65%	64%

Data Footnotes:

- (1) 2022 Community Health Needs Assessment.
- (2) Tobacco-free status is self-reported by patients in a six-month follow-up after completing the Quit for Your Health program.
- (3) HospitalCompare.hhs.gov national benchmarks
- (4) Centers for Disease Control and Prevention (CDC). Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Retrieved from <https://www.cdc.gov/brfss/brfssprevalence/> [2019 BRFSS Prevalence & Trends Data].

Reduce Radon Levels in Your Home

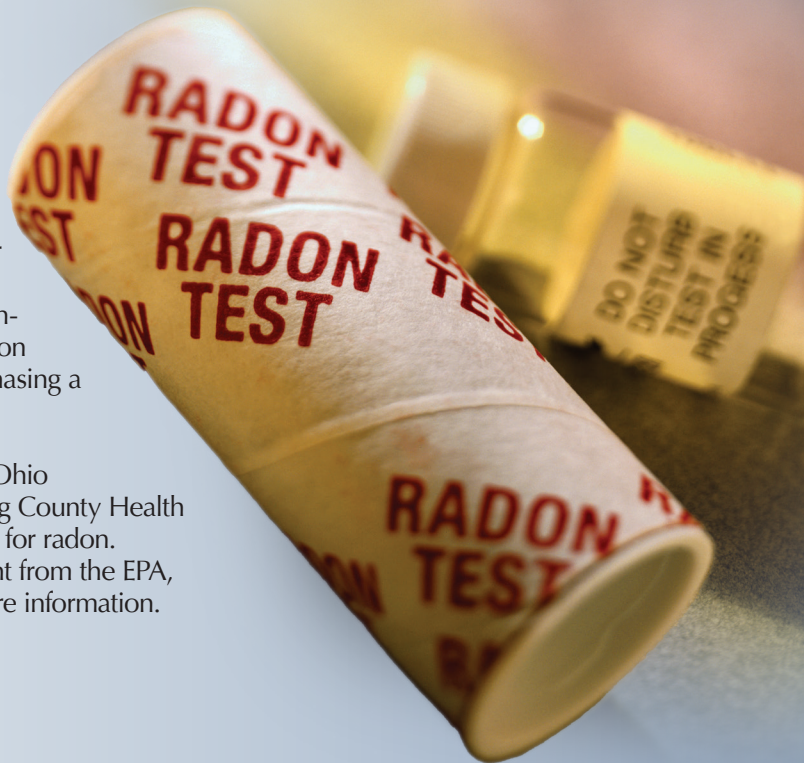
Licking County has the highest levels of indoor radon in the State of Ohio. According to the EPA, radon is estimated to be the second leading cause of lung cancer in the United States and is responsible for over 21,000 lung cancer deaths each year. Radon is an odorless, invisible, radioactive gas that is naturally released from rocks, soil, and water. It can enter homes through small cracks or holes and build up in the air. Exposure to radon over a long period of time can lead to lung cancer.

A radon test is the only way to determine radon levels in the home, and levels can be reduced with a mitigation system. Other actions that people can take to reduce high radon levels include:

Free radon test kits are available and may be ordered online at the Ohio Department of Health (ODH) website, ohio.radon.com. The Licking County Health Department (LCHD) recommends that all residents test their homes for radon. LCHD also provides radon education and awareness through a grant from the EPA, administered by ODH. Individuals may call (740) 349-1562 for more information.

mitigation system. Other actions that people can take to reduce high radon levels include:

- Increasing air flow in the house by opening windows and using fans to circulate air
- Sealing cracks in floors and walls with caulk or other radon sealants
- Asking about radon-resistant construction techniques if purchasing a new home



Please take a few minutes to read this month's report on **Respiratory Care**. You will soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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